





Zero judgment. Zero costs.

Join
for \$0
per month



Omada® helps you feel better and live healthier by connecting you with real people, personal support, and smart tools—all with zero judgment, at zero costs.

What you get with Omada:

-  A personal health coach
-  A certified specialist
-  Smart devices included, like a continuous glucose monitor (CGM), blood pressure monitor, and smart scale
-  Ongoing emotional support

Which program can help you?

MANAGING DIABETES?

Control your blood sugar with less stress and more confidence.

HAVE HIGH BLOOD PRESSURE?

Learn ways to lower your blood pressure outside of just medication with dedicated support.

WANT TO LOSE WEIGHT?

No food restrictions. No counting calories. Lose weight and reduce your risk of developing diabetes.

Omada membership is a benefit available through National Church Residences if you or your adult family members are enrolled in the company medical plan offered through UMR. When applying, locate your 12 digit member ID on your UMR medical card.



CLAIM YOUR BENEFIT:
omadahealth.com/nationalchurchresidences



If covered by your employer or health plan: Omada for Prevention, Diabetes or Hypertension is available at no cost to you. Some of the program features described here are specific to certain Omada programs. Certain connected devices provided by Omada as a part of an Omada program are only available to members who meet certain program and clinical eligibility.

CGMs are only available with the Omada for Diabetes program and only available to members within this program who receive a prescription and have a compatible smartphone. Eligible members will receive two (2) CGM sensors - one CGM is to wear upon enrollment, the other CGM is for a six-month follow-up.